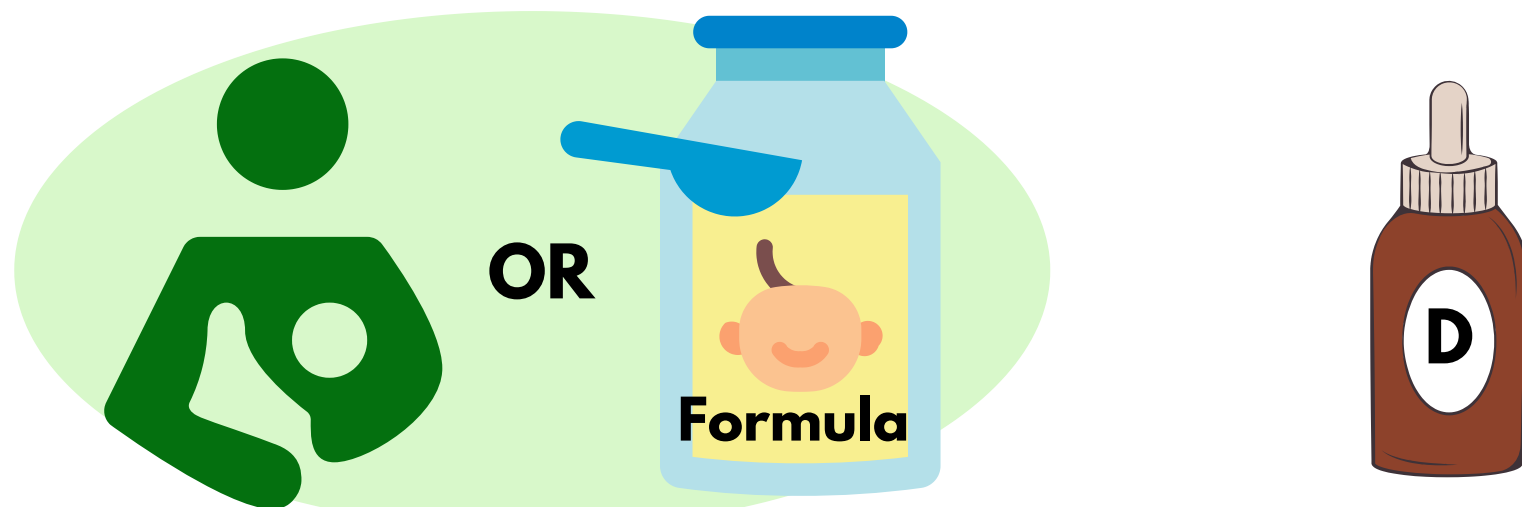


# Sample Food Day

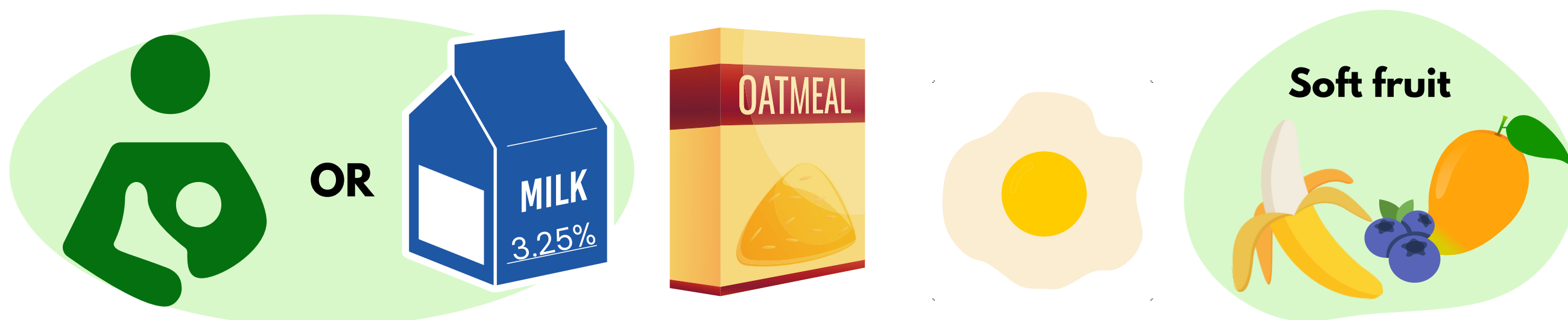


for vegetarian  
babies 9-12  
months old

Early  
Morning



Breakfast



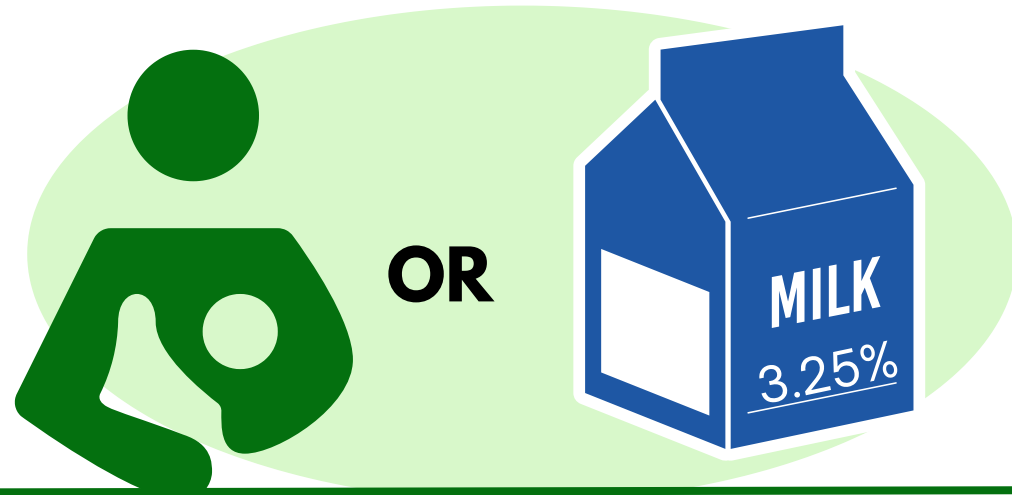
Morning  
Snack



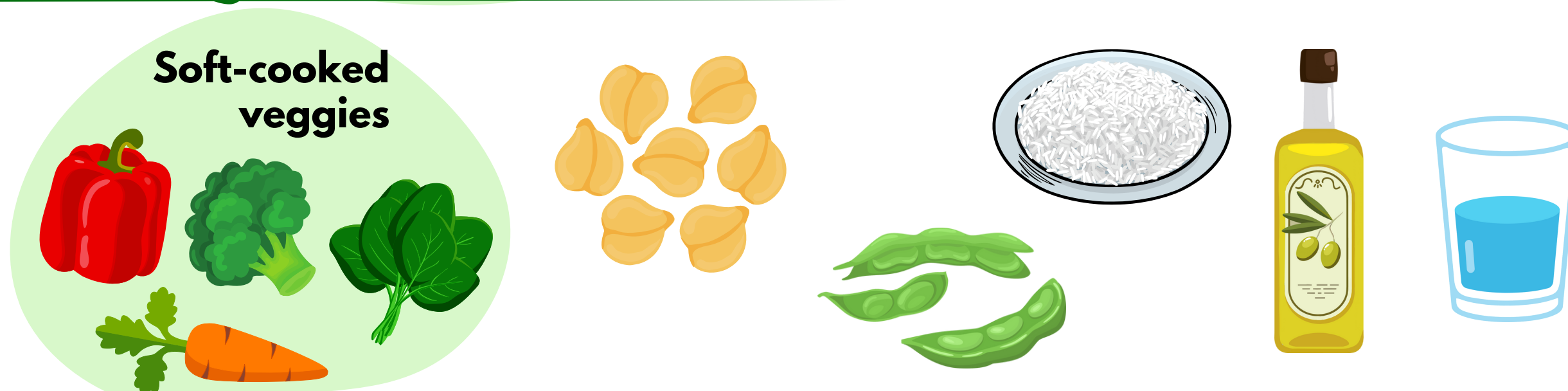
Lunch



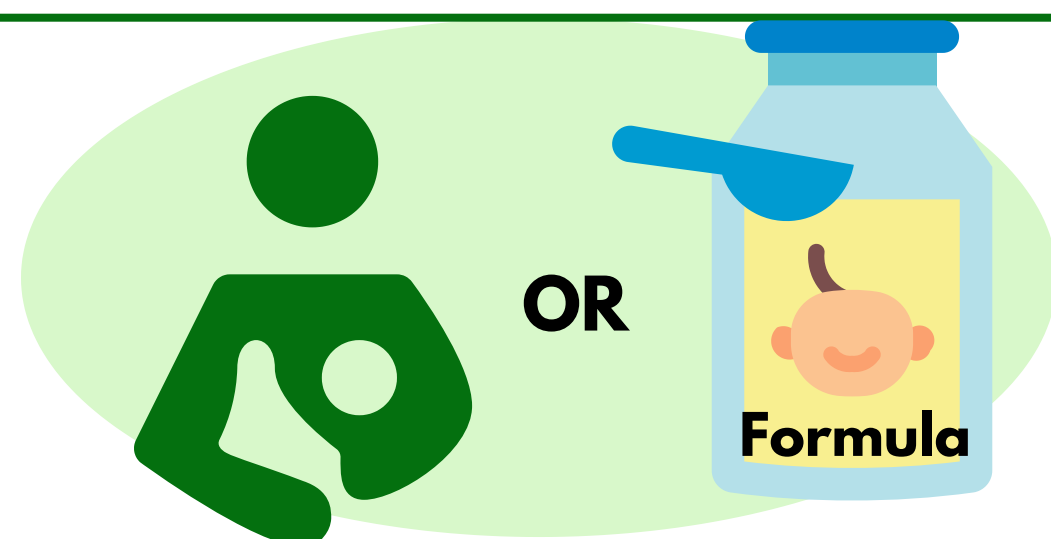
Afternoon  
Snack



Dinner



Bedtime  
snack &  
overnight



# Sample Food Day

for vegetarian  
babies 9-12  
months old

## Early Morning

Breast milk or infant formula; vitamin D drops for breastfed babies

## Breakfast

Oatmeal made with breastmilk or whole (3.25%) cow's milk; egg scrambled or fried and cooked through; soft fruit like pieces of banana, berries, or mango

## Morning Snack

Full-fat yogurt (4% m.f. or higher); 1 tsp hemp seeds mixed in; water

## Lunch

Wholegrain tortilla wrap with black beans (drained and rinsed), soft veggies like avocado or tomato, soft-cooked veggies like onion, mushroom, or zucchini; water

## Afternoon Snack

Breast milk or whole (3.25%) cow's milk

## Dinner

Chickpea curry with canned or cooked chickpeas (drained and rinsed), soft-cooked veggies like broccoli, carrots, spinach, or bell peppers, edamame beans, rice or quinoa, and a little olive oil mixed in; water

## Bedtime snack & overnight

Breast milk or infant formula